



This is an exercise for keepers to progress to and refine their first step or “power step” as they begin the task of making their collapse dive save or side contour save.

- 1) Keepers line up to the left or right of the back cone.
- 2) Have another keeper or coach throw or roll a ball directly at one of the front cones.
- 3) Keeper dives ACROSS the back cone (if lined up on the left of the back cone, dive right. If lined up on the right of the back cone, dive left) to make their collapse dive save INFRONT of the front cone.
- 4) Once the save is made, have the keeper reload (get up) and take up their set position on the opposite side of the back cone and prepare for another save.

COACHING POINTS:

- 1) Be sure the keeper is focused on stepping diagonally forward with the foot that corresponds with the direction of the dive. When diving left, the lead (first step) is with the left foot.
- 2) Transfer the body weight to the lead foot to support the body as it begins the effort of making the save.
- 3) Make the save diagonally forward...in front of the front cones to teach coming towards the ball, not waiting on it.
- 4) Lead with the hands! As the keeper is stepping, the hands should be prepping to receive the ball.
- 5) Land on the side of the body, not the back or stomach.
- 6) Keeper should place one hand behind the ball, one on top of the ball and “pin” the ball to the ground, which acts as a third hand.